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| *Myth or Reality?*  Mental health illnesses are something that people of all ages experience.  ***Raise your hand if you think that’s a myth.***  ***Raise your hand if you think that’s reality.*** | REALITY | Mental illness can occur in anyone, regardless of their age. Adults, children, or teenagers can all develop mental health conditions. |
| *Myth or Reality?*  People with a mental illness will struggle with work, study, & life in general. | MYTH | Mental illnesses can sometimes make certain things more difficult. This may include studies, home life, & work—but help is available. |
| *Myth or Reality?*  Having a mental illness makes life much more difficult. It’s tough to live independently when you’re an adult, to look after yourself, to find a home, etc. | MYTH | Not all mental health conditions are the same. Living with a mental health illness or being diagnosed with a mental health disorder won’t necessarily prevent you from living on your own, caring for yourself, or finding your own place to live. |
| *Myth or Reality?*  There is treatment, & even recovery, for mental illness. | REALITY | People will mental health complications recover all the time & no 2 illnesses are alike. Some find it helpful to talk to a professional, such as a therapist, while others find support in talking to friends or family. Being diagnosed with a mental health illness does not mean you will struggle with it all your life—with advice & treatment, you can feel better. |
| *Myth or Reality?*  The impact of mental health is not the same across cultures. | MYTH | Cultural background can significantly influence the perception, manifestation, & treatment of mental health conditions. Different cultures have varying beliefs about mental illness, affecting how symptoms are expressed & how treatment is sought. Culturally competent care that respects & understands cultural differences is crucial for effective mental health support. |
| *Myth or Reality?*  Only weak people are susceptible to mental illness. | MYTH | Mental illnesses are not the result of your personality & they do not reflect your capacity to deal with your emotions. While they are called “mental” illnesses, they are NOT imagined, nor are they due to a lack of willpower. Everyone’s mental health journey will look different. With time & experience, you can discover what makes you feel better. Whether it’s therapy, social support, medication, or a combination of treatments. It is possible to life a full, happy life, despite being diagnosed with a mental health illness. |